



GOING through their gymnastics together, mom lifts 85-pound bar while junior hoists 20 pounds.

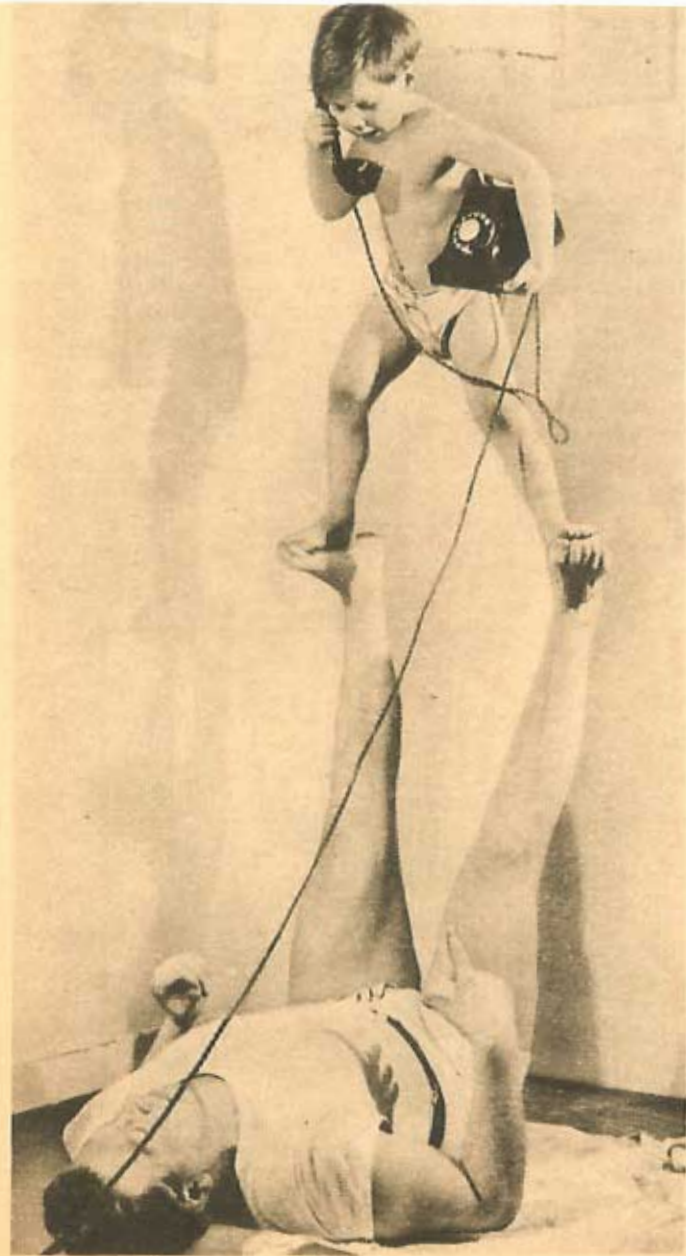


THE LOFTINGS look like an ad for a body-building course. Baby Erik was given extra vitamins as an infant.

Gym Dandies

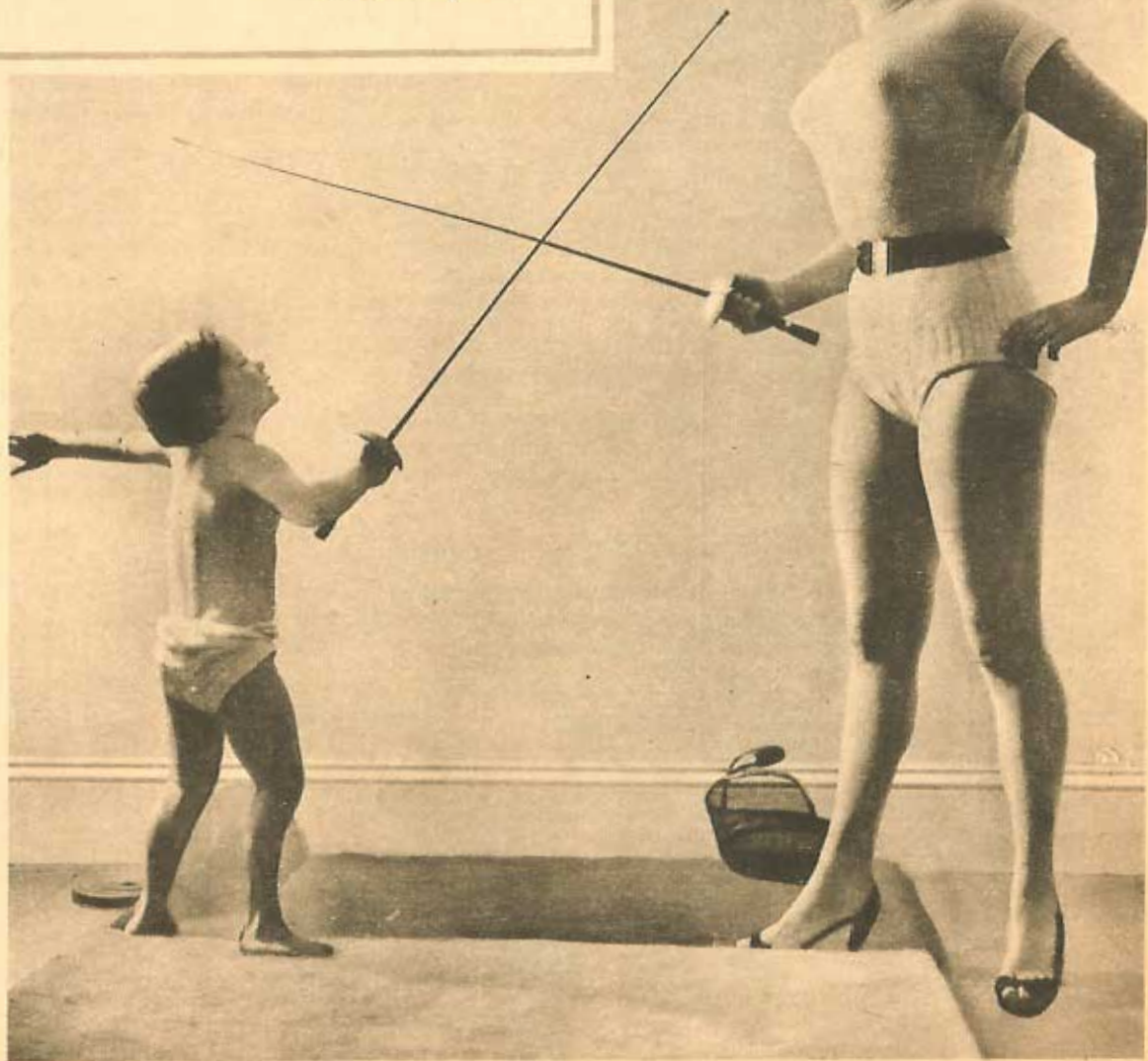
*Family ties
are real strong*

A WEIGHTY problem has been licked by Gerald Lofting and his wife, Rochelle. The London couple, alarmed when their son, Erik, weighed only three pounds at birth, decided to build him up.



BALANCING acts are part of dad's program for developing coordination. Acrobatics will follow.

Gerald, a weight lifter and mini stunt man, and Rochelle, a physical culture instructress, applied all their knowledge of body-building to help Erik become a big boy. Erik, now 3, lifts a 20-pound bar bell as easily as other kids lift a teddy bear.



ERIK DISPLAYS good fencing form while his mother displays good form, period. She measures 40-26-36. She credits weight lifting for her development.